

# NEW SMYRNA BEACH LEISURE SERVICES PROGRAM SCHEDULE

386-410-2890

## Class: **Hatha Yoga**

Instructor: Cindy Robinson, Certified Yoga Instructor of Hatha Yoga

Day/Time: Tuesdays 6:30-8pm

Location: Woman's Club (403 Magnolia Street)

Equipment: Bring a yoga mat and wear comfortable clothing.

Class Description: Hatha Yoga is an active form of yoga with constant movement and coordinated breathing. This yoga gives the benefit of increased strength and flexibility, as well as relaxation.

Price: \$48 for residents, \$56 for nonresidents 12 week session

## Class: **Easy Does It Yoga**

Instructor: Jo Ann McConnell

Day/Time: Tuesdays & Thursdays 10:30-11:30am

Location: City Gym- North Entrance (1000 Live Oak Street)

Equipment: Bring a yoga mat and wear comfortable clothing.

Class Description: This class follows the principles of Hath Yoga and is specifically designed for seniors.

Price: \$62 for residents, \$70 for nonresidents for 10 week session.

## Class: **Posture and Alignment Yoga**

Instructor: Shushanna Tamman Certified Yoga Instructor of Precision Alignment Yoga

Day/Time: Wednesdays 7:45-8:45am

Location: City Gym- North Entrance (1000 Live Oak Street)

Equipment: Bring a yoga mat and wear comfortable clothing, Yoga blocks and belts are highly recommended.

Class Description: A technique based yoga class for all ages and abilities that teaches good body posture and alignment through yoga. All classes include deep breathing exercises, the physical yoga practice, a deep guided relaxation and a short meditation.

Price: \$9 per class for residents, \$10 for nonresidents. Monthly rate: \$7 per class for residents \$8 for nonresidents.

## Class: **Tai Chi**

Instructor: Rhonda Donahoo teaching since 1995

Day/Time: Tuesdays 1-230pm Beginners Tai Chi Chuan & Qigong for Health

2-330pm Advance Tai Chi & Qigong for Health, Advanced Tai Chi for Chuan & Weapons

Location: City Gym- North Entrance (1000 Live Oak Street)

Equipment: Wear comfortable clothing with flat, flexible shoes or bare feet and bring drinking water.

Class Description: The basic movements of Tai Chi form are linked together to create continuous moving meditative exercise.

Proper practice of posture and breathing with the form movements are covered. Many of the movements are based on Kung Fu movements, creating a slow moving self-defense system for the physical body. The meditative principles are based on nature and the balance of all living things.

Price: \$7 per class for residents, \$8 per class for nonresidents

\$24 for residents, \$28 for nonresident per month.

## Class: **Tai Chi Easy**

Instructor: Audrey Hartz practicing for 20 years

Day/Time: Wednesday 11-12noon

Location: City Gym- North Entrance (1000 Live Oak Street)

Equipment: Wear comfortable clothing.

Class Description: Tai Chi Easy consists of classic and simply Qigong, combined with 5 simple Tai Chi moves. The practice involves gentle body movements, optimizing posture, deepening the breath, and clearing the mind while allowing energy to flow. This can be practiced standing or seated.

Price: \$7 per class for residents, \$8 per class for nonresidents

## Class: **Line Dancing**

Instructor: Rita Stuart

Day/Time: Monday 630-930pm, Wednesday 9-1130am, Friday 9-1130am, Tuesday 630-8pm (November-May)

Location: Coronado Civic Center (150 Pine Street)

Equipment: Wear clothing and shoes suitable for dancing.

Class Description: Each class runs continuously for 2.5 hours, during which participants can come and go as desired. The first hour is specifically for beginners, followed by 30 minutes of review and open dance time. The last hour of class is geared toward intermediate dancers.

Price: \$4 per class for residents, \$5 per class for nonresidents

## Class: **Wake Up Your Muscles**

Instructor: Randye Dlott

Day/Time: Monday & Wednesday 9-10am

Location: City Gym- North Entrance (1000 Live Oak Street)

Equipment: Wear workout clothing, bring light weights, an exercise mat and drinking water

Class Description: This is a stimulating exercise program for those over 50 who want their muscles challenged without strain. All levels are welcome.

Price: \$4 per class for residents, \$5 per class for nonresidents

All classes are subject to change. Check with Leisure Services.